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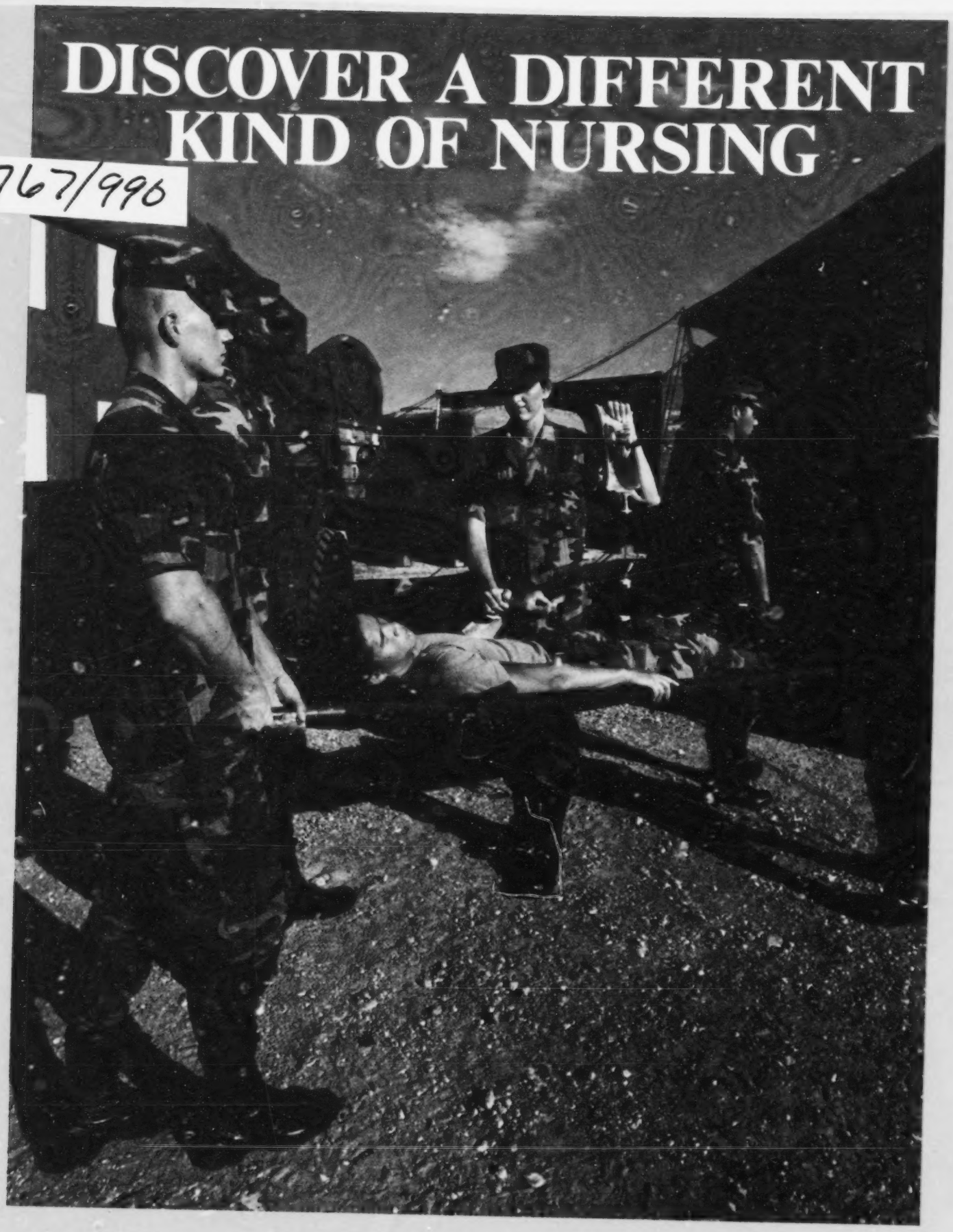
DISCOVER A DIFFERENT KIND OF NURSING



THE ARMY RESERVE HEALTH CARE TEAM

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"In the Army Reserve, an ambitious person can learn a lot, and in many cases the Reserve will help pay to continue your education."

Second Lieutenant Katherine Johnson

"The Army Reserve gives me the chance to network with top professionals while learning to work in all phases of nursing."

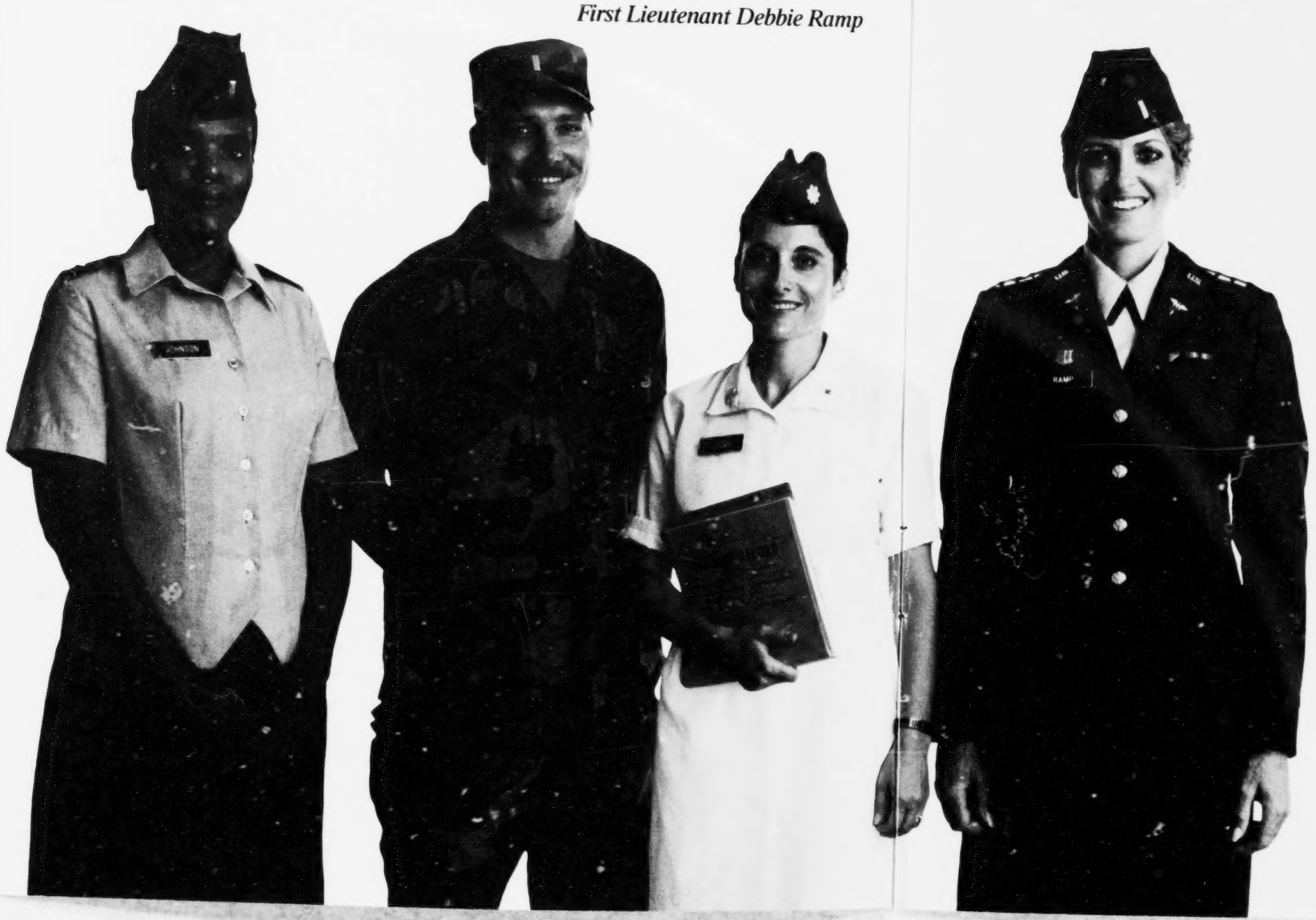
First Lieutenant Kenneth P. Murphy

"The Reserve helps you grow professionally and personally. And you'll also earn good part-time money and even retirement benefits."

Lieutenant Colonel Dianne Olsen

"The Reserve lets you lead and supervise people, and that helps my career. We're a very close-knit and supportive group and that means a lot."

First Lieutenant Debbie Ramp



Add a New Dimension to Your Career– and Your Life.

As a nurse in today's Army Reserve, you can combine your professional skills and strong sense of commitment with exciting opportunities to explore new areas as you serve your community and your country.

You'll be a commissioned officer in the U.S. Army Reserve, earning a second income, meeting new people, making new friends. You'll teach, supervise and learn a lot. And while you serve only part-time, you'll find that Reserve Nursing provides full-time rewards that, both personally and professionally, add an exciting new dimension to your life.

You'll Be an Officer and a Nurse.

When you join the Army Reserve, you'll be a commissioned officer entitled to all the respect and responsibility that go with your rank. You'll train and supervise enlisted personnel, and have every opportunity to show that you can handle the increased responsibility that goes with promotion.

As a Reserve Nurse, you'll be an important member of the Army Reserve Health Care Team—top health care professionals with a wide range of backgrounds and experience. Like you, they are committed to delivering the best medical care possible, and they share many of your personal and professional goals and aspirations.

Because you'll have so much in common, many will become good friends. Others will be valuable contacts who could help you with your civilian career. Together, you'll share your dedication and pride in working for your country to deliver a vital service which only a select few can provide.

The Challenge of Reserve Nursing.

As a member of the Army Reserve Health Care Team, you'll practice a different kind of nursing. You'll begin by learning about the Army Reserve and the importance of nursing to Reserve operations as a whole. For two days each month (usually over a weekend), you'll work with your unit in a number of ways.

You might serve in a modern hospital, working with seasoned professionals in any of a range of clinical situations. You'll have a chance to observe new and different procedures and broaden your experience as you explore new areas of treatment.

You may change into BDUs (camouflage field uniform) for work in a field environment. Here, you'll face the challenge of learning how to handle mass casualties in the open, in support of ground operations. You'll train enlisted personnel to assist in mobilization, by teaching them to treat open wounds, apply splints and start an IV. At the same time, you'll be asked to evaluate equipment and field procedures and make recommendations.

For two weeks each year, often in the summer, you'll participate in Annual Training. This can mean joining your unit in field exercises, working in an Army hospital, or spending part of the time attending medical seminars at any of a number of locations around the country.

All these training situations help to increase your practical knowledge and experience. And whether you're teaching, assisting, or caring for patients, you can continue to learn and to

grow professionally by taking educational courses such as the Officer Advanced Course and the Head Nurse Course.

Those who qualify can participate in one of four Educational Assistance Programs.

In the Army Reserve you'll discover a side of nursing that's new, rewarding, and can't be found anywhere else.

A Part-time Career With Full-time Benefits.

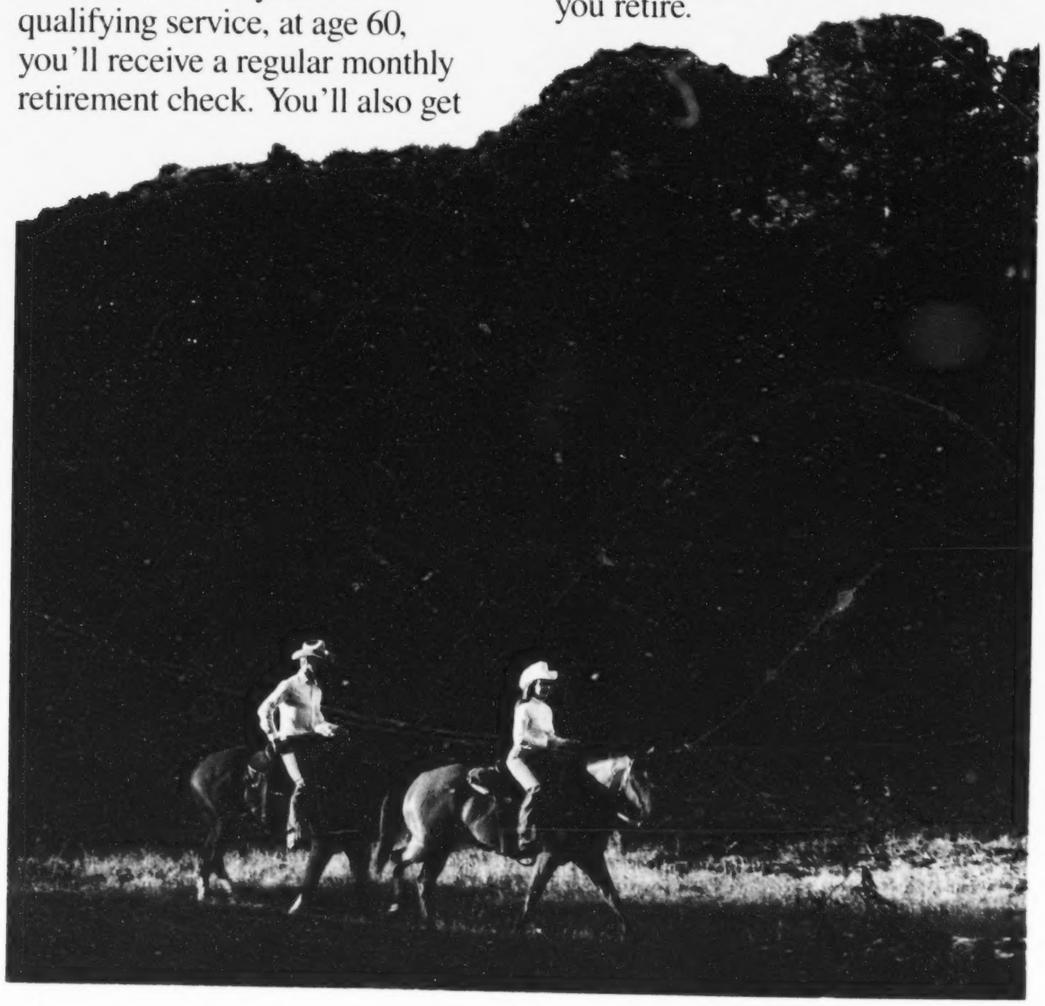
One of the best things about Army Reserve service is the benefits. While you serve in the Reserve only part-time, most of your benefits are available throughout the year.

Army Reserve pay is a good second income, which can increase with promotions and raises. You receive an initial uniform allowance, and to help your pay go even further, you have shopping privileges at the Post Exchange (PX), and the commissary.

You can also save money on life insurance coverage. For about half the cost of most civilian plans you can get up to $50,000 coverage, with low monthly payments. If you like to travel, you may be able to fly on military planes on a space-available basis anywhere in the U.S. or Puerto Rico. That could mean vacations in places you've always wanted to see, or a chance to visit friends or family who live far away.

When you retire, your Reserve benefits will look even better. First, there's retirement income. With 20 years of qualifying service, at age 60, you'll receive a regular monthly retirement check. You'll also get health care benefits, including free medical care, for yourself and your dependents, and your own dental care, with limited dental benefits for your family. You'll have unlimited Post Exchange and commissary shopping privileges and space-available air travel to include yourself and your family.

As an Army Reserve Nurse, your part-time service entitles you to an impressive benefit package, now, and when you retire.



A Second Career That's Anything But Ordinary.

Army Reserve Nursing offers you a chance to utilize your nursing skills in a challenging new environment. You serve just two days each month and two weeks annually, or you can select an option that allows you to serve two weeks each year, with no monthly meetings.

Reserve service provides you with a good second income and offers other rewards that are beyond a dollar value. Like friendship, increased opportunity and a special feeling of satisfaction and pride that comes with caring for your country as an Army Reserve Nurse.

What You'll Need to Join.

To become an officer and a nurse in the Army Reserve, you'll need a current RN license and,

- an associate degree in Nursing, or,
- a three-year nursing diploma, or,
- a Bachelor of Science in Nursing degree.

You must also be at least 21 years of age, have excellent professional references, and meet the Army Reserve's physical and moral standards.

To find out more, contact your local Army Nurse Recruiter, or call 1-800-USA-ARMY.

U.S. ARMY RESERVE

ARMY NURSE CORPS. BE ALL YOU CAN BE.

NOTE: Information in this booklet is subject to change.
See your local Army Nurse Recruiter for the latest information.

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